

2022 CT SC Regional Championship warmups WYW

FRIDAY

All Lanes Open by AGE

		1	2	3	4	5	6
NORTH	3:30-4:00	12/ U	12/U	12/U	12/U	12/U	12/U
NORTH	4:00-4:30	13/O	13/0	13/0	13/0	13/0	13/0
NORTH	4:30-4:50	PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE

*** South pool will open at 5:00 and remain open through meet

SATURDAY MORNING

South pool will be open all during meet for warmup/warm down

		1	2	3	4	5	6
NORTH	7:00-7:30	WYW 13/0	WYW 13/0	WYW 13/0	RAC 13/0	WEST/SJCC 13/0	ZEUS 13/0
	7:30-8:00	RAC 12/U	RAC 12/U	RAC 12/U	RAC 12/U	RAC 12/U	SJCC 12/U
	8:00-8:20	PACE	SPRINT	CIRCLE	SPRINT	SPRINT	PACE
SOUTH	7:00-7:30	WYW 12/U	WYW 12/U	WYW 12/U	WYW 12/U	WYW 12/U	WYW 12/U
	7:30-8:00	ZEUS 12/U	ZEUS 12/U	ZEUS/WEST 12/U	WEST 12/U	WEST 12/U	WEST 12/U
	8:00-8:50	PACE	SPRINT	CIRCLE	SPRINT	SPRINT	PACE

SATURDAY AFTERNOON

South pool will remain open all session for warmup/warm down

		1	2	3	4	5	6
NORTH	1:30-2:00	RAC 12/U	RAC 12/U	RAC 12/U	WEST 12/U	WEST 12/U	WEST 12/U
	2:00-2:30	WYW 12/U	WYW 12/U	WYW 12/U	WYW 12/U	SJCC 12/U	OPEN
	2:30-2:50	PACE	SPRINT	CIRCLE	SPRINT	SPRINT	PACE
SOUTH	1:30-2:00	WYW 13/0	WYW 13/0	WYW 13/0	RAC 13/0	RAC 13/0	WEST 13/0
	2:00-2:30	ZEUS 13/0	ZEUS 13/0	ZEUS 13/0	ZEUS 12/U	ZEUS 12/U	OPEN
	2:30-2:50	PACE	SPRINT	CIRCLE	SPRINT	SPRINT	PACE

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SUNDAY MORNING

South pool will remain open for entire session warmup/ warm down

		1	2	3	4	5	6
NORTH	7:00-7:30	WEST 12/U	WEST 12/U	WEST 12/U	WEST 12/U	ZEUS 12/U	ZEUS 12/U
	7:30-8:00	WYW 13/0	WYW 13/0	WYW 13/0	RAC 13/0	WEST 13/0	ZEUS 13/0
	8:00-8:20	PACE	SPRINT	CIRCLE	SPRINT	SPRINT	PACE
SOUTH	7:00-7:30	RAC 12/U	RAC 12/U	RAC 12/U	RAC 12/U	RAC 12/U	WYW 12/U
	7:30-8:00	WYW 12/U	WYW 12/U	WYW 12/U	WYW 12/U	WYW 12/U	WYW 12/U
	8:00-8:50	PACE	SPRINT	CIRCLE	SPRINT	SPRINT	PACE

SUNDAY AFTERNOON

South pool will remain open for entire session for warmup/warm down

		1	2	3	4	5	6
NORTH	2:00-2:30	WYW 13/0	WYW 13/0	WYW 13/0	RAC 13/0	RAC 13/0	RAC 13/0
	2:30-3:00	ZEUS 13/0	ZEUS 13/0	ZEUS 13/0	RAC 12/U	RAC 12/U	RAC 12/U
	3:00- 3:20	PACE	SPRINT	CIRCLE	SPRINT	SPRINT	PACE
SOUTH	2:00-2:30	WYW 12/U	WYW 12/U	WYW 12/U	WYW 12/U	SJCC 12/U	OPEN 13/0
	2:30-3:00	OPEN 13/0	OPEN 13/0	OPEN 13/0	ZEUS 12/U	ZEUS 12/U	ZEUS 12/U
	3:00-3:20	PACE	SPRINT	CIRCLE	SPRINT	SPRINT	PACE